Restore the Roots

Cultivating Your Domestic Church | A Liturgical Living Initiative of St. Joseph the Workman Cathedral, La Crosse, WI | Vol. 4 No. 5

October

7 Our Lady of the Rosary

In 1571, the Turks were expanding west, with sights set on the occupation of Rome. The Holy League, made up of ships from Spain and various Italian city states, met them in a naval battle on October 7, just off the coast of Greece. The Catholics were at a material disadvantage, and were the Turks to win this battle, they would probably have moved to gain control of Rome and perhaps all of Italy. Pope Pius V urged all of Europe to pray the Rosary and to ask Our Lady's intercession for a victory. On the night before the battle, the soldiers aboard the 200 Holy League ships made their final preparations. Instead of running around gathering ammunition or sharing a last meal, the whispers of men saying the Rosary could be heard from each ship. The next day after a five hour battle, the Holy League emerged victorious, preserving the Christian West. The victory was quickly attributed to Our Lady's intercession, and Pope Pius initiated a feast which was originally called Our Lady of Victory, but was later renamed Our Lady of the Rosary. Today and throughout entire month, look for ways to increase your devotion to Mary by praying the Rosary. Check out page 4 if you need ideas!

16 St. Gerard Majella

St. Gerard Majella inspired many with his virtue, despite his ill health and humble situation. He joined the Redemptorist Congregation, founded by St. Alphonsus Ligouri, was known for many miracles, and was gifted with supernatural phenomena including bilocation and levitation. A legend has it that he once dropped a handkerchief, and a young girl ran to return it to him. He told her to keep it, as she may one day need it. Years later, after Gerard had died, when she was a married woman having a difficult labor, she remembered his words, and holding the handkerchief, the baby was born safely. Since then, St. Gerard has been the patron of expectant mothers and unborn babies and has interceded to bring about many miraculously safe deliveries. If you or someone you know is expecting a child, pray the novena on page 3 to invoke the protection of St. Gerard.

30 St. Marcellus the Centurion

Not much is known about St. Marcellus the Centurion (also known as Marcellus of Tangier). Legend has it that he was a centurion guard for the Emperor Maximian during the third century. During the Emperor's birthday celebrations there was a required sacrifice to pagan gods. Marcellus refused to do so, throwing off his military belt and ranking staff. This greatly angered the Emperor and Marcellus was soon brought before a judge. He was supposed to be tried by a judge sympathetic to Christians but was switched last minute to a different judge. He pleaded guilty to refusing allegiance to Rome, and was martyred by the sword. It is said that the scribe for the preceding was so indignant at these proceedings that he refused to record the events but rather became a Christian as well and was also martyred. St. Marcellus's relics reside in Leon, Spain, of which he is the patron. Today, celebrate this North African saint by making a North African dish, Couscous. (See page 3.)

Traditional Monthly Devotion: The Holy Rosary

The Council of Trent

The 19th Ecumenical Council is the most impressive for the articulation of Church doctrine and the inner life of the Church. Simultaneously, it was one of the least successful at accomplishing the purpose for which it was called. The Council met in 25 sessions between 1545 and 1563 and sought to combat the Protestant revolution in the wake of Martin Luther's schism.

After Luther posted his 95 Theses on the door of All Saints Church in Wittenberg in 1517, Germany was losing Catholics left and right. Due to political rivalries in Europe, wars (Charles V sacked Rome in 1527), and a lingering fear of conciliarism (addressed at councils in the last century), a generation passed before a council was successfully called. Despite opposition among his cardinals, Pope Paul III successfully convened a council at Trent, in the north of Italy. After threats of a plague and a failed attempt to move to Bologna, the council was suspended in 1549 and reopened by Pope Julius III in 1551. It was suspended again a year later when Charles V was attacked by Maurice of Saxony in neighboring regions. Pope Paul IV had no intention of reopening the council, so it was delayed ten years until Pius IV reconvened it in 1562. The two main goals were to curb and condemn Protestantism and to promote internal reform. While it was too little too late to realize the first goal, as evidenced by the large loss of Catholics throughout Europe, the fruits of the second goal remain. Like the Second Vatican Council, the period after Trent saw the writing of a Catechism, Missal, and Breviary, essential for common worship and teaching by bishops, priests, and lay faithful.

The 25 sessions focused on different aspects of Church teaching; here we will give a summary. The first ten sessions came in the first period of the Council. They confirmed the Nicene Creed, promulgated the Canon of Scripture (the books to be included in the Bible), and spoke about original sin, justification, and the Sacraments of Baptism and Confirmation. An extreme Protestant view says that original sin (and all forgiven sin) is merely covered up, not erased. Trent clarified, saying, "In those who are born again, there is nothing that God hates; because there is no condemnation to those who are truly buried together with Christ by baptism into death, who walk not according to the flesh, but, putting off the old man, and putting on the new who is created according to God, are made innocent, immaculate, pure, harmless, and beloved of God, heirs indeed of God, but joint heirs with Christ." Concupiscence, the inclination to sin, remains, but the sin is taken away.

Sessions 11 through 16 came in the second period. The most essential matter it treated was that of the Eucharist, Penance, and Extreme Unction (anointing of the sick). Acknowledging the mystery and surety of the Eucharist, "The holy Synod teaches, and openly and simply professes, that, in the august sacrament of the holy Eucharist, after the consecration of the bread and wine, our Lord Jesus Christ, true God and man, is truly, really, and substantially contained under the species of those sensible things." Of Confession, the Council beautifully writes, "If the gratitude of all the regenerate were such that they constantly preserved the justice received in baptism by His bounty and grace; there would not have been need for another sacrament, besides that of baptism itself, to be instituted for the remission of sins. But because God, rich in mercy, knows our frame, He hath bestowed a remedy of life even on those who may, after baptism, have delivered themselves up to the servitude of sin and the power of the devil, –the sacrament of Penance, by which the benefit of the death of Christ is applied to those who have fallen after baptism."

The last nine sessions came during the third period and treated the remaining sacraments: matrimony and holy orders. Finally, decrees were promulgated on forbidden books, purgatory, veneration of relics, and the Mass as sacrifice (Luther denied that the priest and people offered Christ's body and blood to the Father, claiming instead that God brings Christ's body to the people).

While it can be a technical read, we encourage you to look at the decrees of the Council of Trent and its subsequent catechism! There are several history books that can help set the Council in its context; Hubert Jedin's is perhaps the most famous.

OCT. 16

Novena to St. Gerard

Each day start this novena by praying the opening prayer, then pray the prayer for the day, before ending with the closing prayer.

Opening Prayer: Heavenly Father, you have gifted us with life and with the life of a child, and we thank You. We surrender ourselves and our well-being into Your loving hands.

Day 1: Mary received news of the child in her womb from an angel who told her “Be not afraid.” You made Your presence known to Mary from the moment a young life began to grow inside her.

Day 2: Instead of staying home and caring for herself, Mary thought first of her cousin, Elizabeth, and her need in pregnancy. You were watching over Mary and her child as she went to care for her cousin and her child.

Day 3: Mary stayed with Elizabeth, caring for her during the last three months of her pregnancy, at the same time as You stayed with Mary, caring for her during the first three months of her pregnancy.

Day 4: You kept Mary safe during her journey back to her hometown after she cared for Elizabeth.

Day 5: You shielded Mary from the isolation and shame of divorce by sending an angel to Joseph in a dream, making Your plans known to him.

Day 6: You accompanied the Holy Family as they traveled to Bethlehem for the census late in Mary’s pregnancy.

Day 7: Away from the love and comfort of home, You were present with the Holy Family as Mary delivered Your Son, surrounded by animals.

Day 8: Your protection for Mary and her family continued beyond giving birth as you protected the infant Jesus from the jealousy of Herod, who had the infants murdered during his reign.

Day 9: Before their flight to Egypt, Mary and Joseph fully entrusted their child to You as they presented Him to You in the Temple.

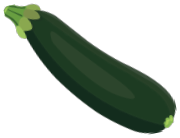
Closing Prayer: God of life, please make your presence known to us as You made it known to Mary during each step of her pregnancy through childbirth, preparing her for all that followed. We pray in a particular way for (state your special intention). Amen. *St. Gerard, pray for us!*

OCT. 30

Couscous recipe

Ingredients

- 1 ¼ teaspoons ground cumin
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground cayenne pepper
- ½ teaspoon ground cardamom
- ¼ teaspoon ground coriander
- ¼ teaspoon ground allspice
- 1 tablespoon olive oil
- 1 red onion, cut in half and thinly sliced
- 1 red, green, or yellow bell pepper, cut into 1-inch pieces
- 2 zucchinis, halved lengthwise and cut into ¾-inch pieces
- ½ cup golden raisins
- 1 teaspoon kosher salt
- grated zest of one orange
- 1 (14.5 ounce) can low-sodium chickpeas, rinsed and drained
- 1 ½ cups chicken broth
- ½ cup orange juice
- 1 ½ cups couscous
- 3 tablespoons chopped fresh mint



Directions

1. Place a large, heavy bottomed pot over medium heat. Stir in cumin, ginger, cloves, cayenne, cardamom, coriander, and allspice; gently toast until fragrant, about 2 to 3 minutes. Stir in oil and onion, cook until softened.
2. Stir in bell pepper and zucchini; cook for 5 minutes.
3. Stir in raisins, salt, zest, and chickpeas.
4. Pour in chicken broth and orange juice; turn heat to high and bring to a boil.
5. When the mixture is boiling, stir in couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork, and fold in chopped mint.

Makes 8 servings

Editors: Msgr. Richard Gilles, Natalie Elskamp and Sam Elskamp. Special thanks to all the contributing writers. No part of this may be edited, copied or distributed without the express permission of the editors. Want to bring Restore the Roots to your parish? Email us! RestoretheRootsLAX@gmail.com

OCT. 7

The Holy Rosary

Today, the Church views the Holy Rosary of the Blessed Virgin Mary as one of the most powerful forms of prayer. But how did we receive the Rosary as a devotion? The desert fathers and early monks would pray the entire Psalter (150 psalms) in the course of a week, and according to some of St. Benedict's writings, even every day! They used knotted ropes to keep track while praying, and such beads were eventually used for devotions including the Jesus Prayer and the practice of praying 150 "Our Fathers." Eventually the "Hail Mary" became a common prayer alongside the "Our Father," "Glory Be," and Creed, and was prayed in some shorter form on the beads. The practice became known as the Marian Psalter, with one Hail Mary corresponding to one psalm. Praying the Marian Psalter was popular among the laity who did not have time to pray the entire Psalter, the poor who could not read, mendicants and traveling monks who did not have every psalm memorized.

Around 1210, Our Lady appeared to Saint Dominic telling him to spread the devotion of her Psalter, and he became the first to preach the Rosary as a meditative prayer, connecting the beads to the Psalms and the life of Our Lord, encouraging the practice of praying in groups. Later, the Joyful, Sorrowful, and Glorious mysteries were formalized, and in 2002, Pope St. John Paul II added the Luminous mysteries. As flowers became a popular image of Mary, the name 'rosary' was adopted. When we pray the Rosary, each "Hail Mary" is a flower we pick and shape into a crown.

Are you looking for ways to start to praying the Rosary? As a family? Never prayed the Rosary and want to start? Feel like you don't have the time? Always distracted? Try some of these ideas to foster your devotion!

Never said a Rosary before? Don't worry about doing it right, just start. Say an Our Father, 10 Hail Marys and then a Glory Be. Once you have mastered the prayers, add in the mysteries, but only pick one set of mysteries until you know those, then try another set. Once you know them all, say them on their specified day: Glorious on Sunday and Wednesday, Joyful on Monday and Saturday, Sorrowful on Tuesday and Friday and Luminous on Thursday.

Can't say a rosary all at once? Start by saying just a decade and gradually work up to more. Or, say as much as you can throughout the day and keep track. There is artwork to hang on walls you can buy with beads you slide as you say the prayer. And *Chews Life* has a bracelet Rosary with a moveable charm so you can hold your place all day long. There's even rosary apps to help keep track!

Want to pray as a family? Learn how to tie knots to do a knotted cord Rosary or make one out of beads. Praying on your handmade rosary is an added bonus and kids love the activity.

Get enough tea lights for an entire rosary (60 including the opening prayers) and place them in the shape of a rosary. Dim the lights. As you say each prayer, light the candle. Kids love this one!

Place chocolate chips or other tiny treat in a Rosary form. As you say each prayer, you can eat the treat or place off to the side to eat when finished. Another favorite for kids.

Struggling with distraction? Keep bringing your attention back to the prayers. Even if it takes you 40 times! The more you make the decision to bring your mind back to your prayers, the more you will be able to focus. You can also look at artwork which corresponds to the mystery you are praying to help focus your attention. There are Rosary flip books, books and cards you can buy that have beautiful artwork.

Bonus! A fantastic book for those who are familiar with the Rosary as well as those who have never heard of it is "*Praying the Rosary like Never Before*" by Dr. Edward Sri. If you want to dive in to this devotion, this is a great resource!

Remember, any offering to Mary is a beautiful gift!

INDULGENCE ALERT

A plenary indulgence is granted for devoutly praying the Rosary in a Church, with family or with a religious community. A partial indulgence is granted for those who devoutly pray a Rosary in all other circumstances. All conditions of an indulgence must be met.